

**FIRST NORTHERN SUBURBS
SATURDAY, 7TH NOVEMBER, 2009
5:00 PM WARM UP, 5:30 PM START**

SYDNEY OLYMPIC PARK AQUATIC CENTRE

DUTY CLUBS: ABBOTSLEIGH, RAVENSWOOD, NORTH SYDNEY

1	Women's	Open	200	Backstroke		3.10.00
2	Men's	Open	200	Backstroke		3.00.00
3	Girl's	10 Yrs	50	Freestyle		46.00
4	Boy's	10 Yrs	50	Freestyle		42.00
5	Girl's	9/U	50	Breaststroke		1.10.00
6	Boy's	9/U	50	Breaststroke		1.08.00
7	Girl's	11/12	100	Butterfly		1.50.00
8	Boy's	11/12	100	Butterfly		1.50.00
9	Girl's	13/14	100	Butterfly		1.40.00
10	Boy's	13/14	100	Butterfly		1.30.00
11	Girl's	15/16	50	Butterfly		39.00
12	Boy's	15/16	50	Butterfly		36.00
13	Girl's	9 Yrs	50	Freestyle		51.00
14	Boy's	9 Yrs	50	Freestyle		47.00
15	Girl's	11/12	50	Freestyle		42.00
16	Boy's	11/12	50	Freestyle		40.00
17	Women's	Open	50	Freestyle	DALE TROPHY	31.00
18	Men's	Open	50	Freestyle	DALE TROPHY	29.00
19	Girl's	10/U	100	Breaststroke		2.05.00
20	Boy's	10/U	100	Breaststroke		2.05.00
21	Women's	Open	50	Backstroke		38.00
22	Men's	Open	50	Backstroke		36.00
23	Girl's	13/14	100	Freestyle		1.20.00
24	Boy's	13/14	100	Freestyle		1.15.00
25	Girl's	15/16	100	Butterfly		1.40.00
26	Boy's	15/16	100	Butterfly		1.30.00
27	Women's	Open	100	Breaststroke		1.50.00
28	Men's	Open	100	Breaststroke		1.40.00
29	Girl's	12/U	200	IM		3.50.00
30	Boy's	12/U	200	IM		3.50.00
31	Mixed	MD	50	Freestyle		
32	Women's	Open	400	Medley Relay		
33	Men's	Open	400	Medley Relay		
34	Girl's	10/U	200	Freestyle Relay	DOUGLAS TROPHY	
35	Boy's	10/U	200	Freestyle Relay	BIGNELL TROPHY	
36	Women's	Open	200	Butterfly		3.00.00
37	Men's	Open	200	Butterfly		2.54.00
38	Girl's	14/U	200	Freestyle Relay		
39	Boy's	14/U	200	Freestyle Relay		
40	Girl's	15/16	200	IM		3.20.00
41	Boy's	15/16	200	IM		3.10.00
42	Girl's	13/14	100	Backstroke		1.35.00
43	Boy's	13/14	100	Backstroke		1.30.00
44	Women's	Open	500	Freestyle Relay	MARKS TROPHY	
45	Men's	Open	500	Freestyle Relay	FITZGERALD TROPHY	

SECOND NORTHERN SUBURBS
SUNDAY, 29TH NOVEMBER, 2009
5:00 PM WARM UP, 5:30 PM START
SYDNEY OLYMPIC PARK AQUATIC CENTRE
DUTY CLUBS: LANE COVE, KU-RING-GAI, HUNTERS HILL

46	Women's	Open	400	Individual Medley	6.20.00
47	Men's	Open	400	Individual Medley	5.40.00
48	Girl's	12/U	500	Freestyle Relay	CAMERON TROPHY
49	Boy's	12/U	500	Freestyle Relay	WILSON TROPHY
50	Girl's	15/16	100	Freestyle	1.15.00
51	Boy's	15/16	100	Freestyle	1.10.00
52	Girl's	10 Yrs	50	Breaststroke	1.02.00
53	Boy's	10 Yrs	50	Breaststroke	1.00.00
54	Girl's	13/14	200	Individual Medley	3.25.00
55	Boy's	13/14	200	Individual Medley	3.15.00
56	Girl's	11/12	100	Backstroke	1.54.00
57	Boy's	11/12	100	Backstroke	1.54.00
58	Women's	Open	200	Freestyle Relay	
59	Men's	Open	200	Freestyle Relay	
60	Girl's	10/U	100	Freestyle	1.45.00
61	Boy's	10/U	100	Freestyle	1.45.00
62	Girl's	15/16	100	Breaststroke	1.45.00
63	Boy's	15/16	100	Breaststroke	1.39.00
64	Girl's	9/U	50	Backstroke	1.05.00
65	Boy's	9/U	50	Backstroke	1.05.00
66	Women's	Open	100	Freestyle	1.15.00
67	Men's	Open	100	Freestyle	1.08.00
68	Girl's	11/12	100	Breaststroke	2.00.00
69	Boy's	11/12	100	Breaststroke	2.00.00
70	Girl's	13/14	100	Breaststroke	1.45.00
71	Boy's	13/14	100	Breaststroke	1.40.00
72	Girl's	16/U	200	Medley Relay	STEWART TROPHY
73	Boy's	16/U	200	Medley Relay	DANIEL TROPHY
74	Girl's	10 Yrs	50	Backstroke	55.00
75	Boy's	10 Yrs	50	Backstroke	55.00
76	Women's	Open	200	Freestyle	2.40.00
77	Men's	Open	200	Freestyle	2.25.00
78	Mixed	MD	50	Formstroke	
79	Girl's	13/14	50	Freestyle	38.00
80	Boy's	13/14	50	Freestyle	36.00
81	Girls	15/16	50	Freestyle	36.00
82	Boy's	15/16	50	Freestyle	34.00
83	Women's	Open	200	Medley Relay	
84	Men's	Open	200	Medley Relay	

THIRD NORTHERN SUBURBS
SATURDAY, 5TH DECEMBER, 2009
3:00 PM WARM UP, 3:30 PM START
SYDNEY OLYMPIC PARK AQUATIC CENTRE
DUTY CLUBS: WILLOUGHBY, KNOX PYMBLE, NORTHBRIDGE

85	Women's	Open	400	Freestyle		5.40.00
86	Men's	Open	400	Freestyle		5.20.00
87	Girl's	8/U	50	Freestyle		55.00
88	Boy's	8/U	50	Freestyle		53.00
89	Girl's	13/14	50	Butterfly		48.00
90	Boy's	13/14	50	Butterfly		44.00
91	Girl's	10 Yrs	50	Butterfly		1.00.00
92	Boy's	10 Yrs	50	Butterfly		56.00
93	Girl's	9/U	50	Butterfly		1.08.00
94	Boy's	9/U	50	Butterfly		1.04.00
95	Women's	Open	50	Butterfly		38.00
96	Men's	Open	50	Butterfly		36.00
97	Girl's	11/12	50	Backstroke		52.00
98	Boy's	11/12	50	Backstroke		48.00
99	Girl's	15/16	50	Backstroke		44.00
100	Boy's	15/16	50	Backstroke		42.00
101	Girl's	10/U	200	Medley Relay		
102	Boy's	10/U	200	Medley Relay		
103	Girl's	14/U	200	Medley Relay		
104	Boy's	14/U	200	Medley Relay		
105	Women's	Open	100	Butterfly	BRETT HILL	1.30.00
106	Men's	Open	100	Butterfly	MEMORIAL	1:20.00
107	Girl's	12/U	200	Medley Relay		
108	Boy's	12/U	200	Medley Relay		
109	Girl's	8/U	200	Freestyle Relay		
110	Boy's	8/U	200	Freestyle Relay		
111	Women's	Open	50	Breaststroke		42.00
112	Men's	Open	50	Breaststroke		39.00
113	Girl's	10/U	100	Backstroke		2.00.00
114	Boy's	10/U	100	Backstroke		2.00.00
115	Girl's	11/12	50	Breaststroke		52.00
116	Boy's	11/12	50	Breaststroke		50.00
117	Women's	Open	200	Individual Medley		3.10.00
118	Men's	Open	200	Individual Medley		2.50.00
119	Girl's	10/U	100	Butterfly		2.00.00
120	Boy's	10/U	100	Butterfly		2.00.00
121	Mixed	MD	100	Freestyle		
122	Women's	Open	100	Backstroke		1.30.00
123	Men's	Open	100	Backstroke		1.20.00
124	Girl's	13/14	50	Breaststroke		52.00
125	Boy's	13/14	50	Breaststroke		48.00
126	Girl's	15/16	50	Breaststroke		48.00
127	Boy's	15/16	50	Breaststroke		44.00
128	Girl's	11/12	50	Butterfly		52.00
129	Boy's	11/12	50	Butterfly		50.00

130	Girl's	13/14	50	Backstroke	48.00
131	Boy's	13/14	50	Backstroke	46.00
132	Women's	Open	200	Breaststroke	3.40.00
133	Men's	Open	200	Breaststroke	3.30.00
134	Girl's	15/16	100	Backstroke	1.35.00
135	Boy's	15/16	100	Backstroke	1.30.00
136	Girl's	11/12	100	Freestyle	1.35.00
137	Boy's	11/12	100	Freestyle	1.35.00
138	Girl's	16/U	300	Freestyle Relay	SHEARER TROPHY
139	Boy's	16/U	300	Freestyle Relay	KNIGHT TROPHY
140	Women's	Open	400	Freestyle Relay	
141	Men's	Open	400	Freestyle Relay	

Individual entries: **\$4.00**
Relay entries: **\$5.00**
 Entry to Pool on competition days for non swimmers: **\$2.00**
Program cost: **\$3.00**

*Entries are due to Lea or Bash by Friday,
 15th October, 2009*